

Safety News Letter

AMEDDC&S and FSH, August 2003

Test your knowledge, Take the General Safety Quiz

Q1. You should not use a car seat that...

- a. Is more than 10 years old
- b. Doesn't have a label or instruction manual
- c. Is cracked or missing parts
- d. All of the above

Q2. The most effective way to extinguish a grease fire in a pan is to:

- a. Place a lid directly down on the pan
- b. Shake baking soda directly on the fire
- c. Carry the pan to the sink
- d. Slide a lid over the top of the pan

Q3. If there is a fire in your house the *first* thing you should do is:

- a. Try to put out the fire
- b. Open all the windows
- c. Get out and stay out
- d. Call the Fire Department

Q4. If you are traveling next to or behind a truck and cannot see the driver's reflection in the side mirror, the truck driver cannot see you.

True or False

Q5. Tailgating greatly increases your chance of being involved in an accident.

True or False

Q6. If your vehicle breaks down on the highway:

- a. Raise the car hood or tie a white cloth to the door handle
- b. If you must walk to the phone, keep your group together
- c. Be cautious if someone appears overanxious to help
- d. All of the above

Q7. In spite of all the warnings about the hazards of riding without

a seat belt, less than half of all drivers and passengers wear them.

True or False

ANSWERS ON PAGE TWO

Back to School, 2003 Is Your Child Ready?

Use this checklist to prepare your children for a safe school year.

- Be sure your children know their home phone number and address, your work number, the number of another trusted adult, and how to use 911 for emergencies.

- Make sure your child has enough change to make a phone call or carries a calling card.

- Plan a walking route to school or the bus stop. Choose the most direct way with the fewest street crossings and use intersections with crossing guards.

- Test the route with your child. Tell him or her to stay away from parks, vacant lots, fields, and other places where there aren't many people around.

- Teach children -- whether walking, biking, or riding the bus to school -- to obey all traffic signals, signs, traffic officers, and safety patrols.

- Remind them to be extra careful in rainy, foggy, or hot weather.

- Make sure they walk to and from school with others -- a friend, neighbor, brother, or sister.

- When car-pooling, drop off and pick up children as close to school as possible. Don't leave until they have entered the schoolyard or building.

- Teach your child never to talk to strangers or accept rides or gifts from strangers. Remember, a stranger is anyone you or your children doesn't know well or doesn't trust.

For both children and parents, school bus safety is an important

issue that many people overlook. In this first week of school, it is crucial that communities know the traffic safety rules. Below are a few simple tips that you can teach your children to help keep them safe around school buses:

- Arrive at the bus stop at least five minutes before the bus is scheduled to pick the children up.

- Always stand 4 giant steps back from the curb. When lining up, make the line away from the street.

- Never walk behind the bus.

- If the children have to cross the street to access the door, teach them to take at least six giant steps forward on the sidewalk before turning to cross the street. That way, the children and the bus driver can see each other.

- Teach children to look around before they get on and off the bus, so as not to leave anything behind.

- Make children aware of the straps on their book bags, as well as any drawstrings that might be hanging from their clothes. These can easily get caught in the door or railings, so children need to take care to keep them secure.

- Tell children that if they do drop something near the bus, tell the driver **before** they do anything. It is important to make sure that the bus driver knows where they are at all times.

If your child is home alone for a few hours after school:

- Set up rules for locking doors and windows, answering the door or telephone.

- Make sure he or she checks in with you or a neighbor immediately after school.

- Agree on rules for inviting friends over and for going to a friend's house when no adult is home.

- Take complaints about bullies and other concerns seriously.

Safety is an Every Day Effort

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ANSWERS TO THE QUIZ

Q1. d. All of the above. You should not use a car seat that is more than 10 years old, has been in a crash, has cracks on the frame, is missing parts, or is missing its instructions or label with the manufacture and seat name or model number.

Q2. d. Slide a lid over the top of the pan

Q3. c. Get out and stay out

Q4. If you are traveling next to or behind a truck and cannot see the driver's reflection in the side mirror, it is TRUE that the driver cannot see you.

Q5. It is TRUE that tailgating greatly increases your chances of being involved in an accident.

Q6. d. All the above. As a general rule, if your car breaks down on the highway, stay with it until help arrives. If someone comes along, roll down your window just enough to ask them to call the police.

Q7. FALSE. Thanks to improved awareness, an estimated 67 percent of people use safety belts. Of course, 100 percent would be ideal! In 1994, more than 9,000 lives were saved by safety belts; and child restraints saved the lives of over 300 children under age 5.

Hot Weather Tips For Pets

Please remember to take extra measures to keep your pets safe and healthy in the hot weather. Make sure they have LOTS of fresh water available all the time and NEVER leave your pet in a vehicle on a warm day. Cars can heat up quickly with deadly results.

Dogs and cats can suffer from the same problems as humans during hot weather. These health concerns include overheating, dehydration, and even sunburn. By taking some simple precautions,



you can keep your animals healthy and happy during warm weather.

Your pet may slow down when the weather heats up so the best time for exercise is in the early morning or evening, but never when it's extremely hot or humid. Take care not to let your pet stand on hot asphalt their body can heat up quickly and their sensitive paw pads can easily burn. Owners of pets with heavy coats can help prevent them from overheating by cutting their hair to a one-inch length. Never trim your pet's coat to the skin. Doing so will rob your pet of its protection from the sun. Always provide plenty of shade and cool, clean water for pets kept outdoors.

A properly constructed doghouse is a must if your dog lives outdoors. If possible, bring your pet inside during the hottest part of the day. Let them rest in a cool location of the house or garage. Ensure there are no openings where your pet can escape.

Grilling: Safety Tips

The U.S. Consumer Product Safety Commission (CPSC) has released safety tips for consumers to follow when using gas or charcoal grills.

Propane used in gas grills is highly flammable! Each year about 30 people are injured as a result of gas grill fires and explosions. Many of these fires and explosions use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container. To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks:

- Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease.
- Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Check grill hoses for cracks, brittleness, holes, and leaks. Make

sure there are no sharp bends in the hose or tubing.

- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can't move the hoses install a heat shield to protect them.

- Replace scratched or nicked connectors, which can eventually leak gas.

- Check for gas leaks, following the manufacturer's instructions, if you smell gas or when you reconnect the grill to the LP gas container. If you detect a leak, immediately turn off the gas and don't attempt to light the grill until the leak is fixed.

- Keep lighted cigarettes, matches, or open flames away from a leaking grill.

- Never use a grill indoors. Use the grill at least 10 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport, porch, or under a surface that can catch fire.

- Do not attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person.

- Always follow the manufacture's instructions.

- Use caution when storing LP gas containers. Always keep containers upright. Never store a spare gas container under or near the grill or indoors.

- Never store or use flammable liquids, like gasoline, near the grill.

- To avoid accidents while transporting LP gas containers, transport the container in a secure, upright position.

- Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

- Use extreme caution and always follow manufacturer's instructions when connecting or disconnecting LP gas containers.

Safety Has No Quitting Time

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Powered Industrial Trucks (Forklifts)

The American Society of Mechanical Engineers (ASME) defines a powered industrial truck as a mobile, power-propelled truck used to carry, push, pull, lift, stack, or tier materials. Powered industrial trucks are also commonly known as forklifts, pallet trucks, rider trucks, fork trucks, or lift trucks. **Each year 100 workers are killed and almost 95,000 injured in industrial truck accidents.** Injuries usually involve employees being struck by lift trucks or falling while standing or working from elevated pallets and tines. Many employees are injured when lift trucks are inadvertently driven off loading docks or when the lift falls between a dock and an unchocked trailer. Most incidents also involve property damage, including damage to overhead sprinklers, racking, pipes, walls, machinery, and other equipment. Unfortunately, the majority of employee injuries and property damage can be attributed to lack of procedures, insufficient or inadequate training, and lack of safety-rule enforcement.

The Occupational Safety and Health Administration (OSHA) standards require a training program based on the trainee's prior knowledge and skill, types of powered industrial trucks used in the workplace, hazards in the workplace, and the operator's demonstrated ability to handle a powered industrial truck safely. Evaluation of each operator's performance is required as part of the initial and refresher training, and forklift safety training at least once every three years.

The OSHA standard does not require any specific frequency of refresher training. However, refresher training must be provided when:

- The operator is involved in an accident or near-miss incident.

➤ The operator has been observed operating the forklift in an unsafe manner.

➤ The operator has received an evaluation that reveals unsafe operation of the forklift.

➤ A condition in the workplace changes in a manner that could affect safety operation of the forklift.

Supervisors can prevent forklift accidents by raising awareness of the hazards associated with forklift operation and by implementing a strong training program for operators. Safety training is not optional; it is mandatory! For additional information on forklift safety and training contact the FSH Safety Office at 221-3840.

Drive Safe: Cars And Trucks

Facts regarding cars and trucks:

More than 200,000 crashes involving at least one passenger car and a large truck occur each year. Auto drivers contributed to 60% of all fatal crashes involving trucks.

Most crashes involving autos and trucks occur in broad daylight on straight and dry pavement under good weather conditions.

Because trucks are so much heavier and bigger than cars, the driver of the car, not the truck, is killed in a fatal car-truck crash four out of five times.

All motorists should consider the fact that it is more difficult to drive a truck, in terms of maneuverability, stopping distances, and blind spots. Generally speaking, the bigger the truck is:

- The bigger the blind spot
- The more room they need to maneuver
- The longer it takes to pass
- The more likely you are going to be the loser in a collision

Be alert to traffic conditions and remember your courteous actions can possibly prevent a major traffic accident. **ALWAYS BUCKLE UP!**

CDSO Training

The next CDSO Class will be 21, 22 August, Bldg 2841, Room 2202. Contact Mr. Richard Edges at 221-3841 for registration.

Safety Training Forecast

Aug 6 0830-1000	Fall Protection Bldg 2841 Rm 3304
Aug 13 0830-1000	Heat Stress Bldg 2841 Rm 2122
Aug 20 0830-1000	Back Injury Prevention Bldg 2841 Rm 2202
Sept 3 0830-1130	Forklift Training TBA

Training schedule for August and September can be found on the ISO Web Page. Contact Mr. Richard Edges at 221-3841 for registration.

Safety Newsletter

I encourage you to continue reading the monthly Safety Newsletter for useful safety information. If, at any time, you have any suggestions as to how we can improve safety at FSH, please contact us at 221-3840 or send us a note at: <http://www.cs.amedd.army.mil/iso/>

Useful Websites

OSHA: www.osha.gov

Army Safety Center:

<http://safety.army.mil/home.html>

For additional assistance contact

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<http://www.cs.amedd.army.mil/iso/>

THINK SAFETY!

Personal Protective Equipment is Self Defense